THE ULTIMATE ELIXIR™

BY LIVE ULTIMATE

WHOLE FOOD POWDER

A SYNERGISTIC, ALKALIZING BLEND OF NATURE’S MOST COMPLETE, NUTRIENT-RICH SUPERFOODS AND SUPERRGREENS.
For as long as I can remember, I have been fascinated by longevity and healthy living. I poured through hundreds of books studying nutrition and the benefits of superfoods. I’ve always believed that what we put in our body is what we get out of it. As a young student, I would regularly go to the health food store and purchase deep greens including spirulina and chlorella. Even then, I noticed almost immediately that my weight, digestion and metabolism improved.

However it was in 1996, at the age of 30, when I attended a Life Mastery program hosted by leading experts on health and peak performance, that I developed a much deeper understanding of the benefits of nutrition. My main takeaway from this experience was that the foundation of peak performance in all aspects of life begins with a healthy alkalized body. I then made the life-changing commitment to consistently start my day by taking a blend of supergreens and superfoods with a large glass of water for the rest of my life. It became totally logical that this simple morning routine of alkalizing, hydrating and nourishing my body would have a profound, positive long-term impact on my health and well being. What I started noticing (and as I look back on photos) was that my body was becoming more lean and ripped. I also rarely got sick and when I did I was able to recover very quickly.

Fast-forward 10 years and on my 40th birthday, I went for an annual physical where I was tested for everything including my hormones, which I had never done before. I was very curious as I considered this an internal report card of my 10 year consistent morning routine. My results were extraordinarily positive across the board. My doctor commented on how impressive these results were for someone any age, let alone 40. I began to wonder, could this really be the result of my daily morning routine? As time went on and further credible scientific data confirmed what I was experiencing, I began passionately sharing my story with all of my friends and family. My beautiful wife, following this routine, transformed her already great figure into an incredibly toned body. She even bounced back into shape from both of her pregnancies with such ease and quickness that it was literally shocking to all that witnessed. There isn’t a friend that I shared this with that hasn’t experienced similar positive results.

Ultimately what inspired me to create my own formula was when I had my annual check-up before my 50th birthday. My new doctor made similar comments on how good all of my results looked, particularly my very healthy hormone levels. It was then that I knew that I needed to share my routine with the rest of the world. Inspired and energized, I set off on a mission to source the best and purest superfoods from around the globe. I am thrilled to share with you The Ultimate Elixir, the culmination of an over 25-year journey towards enlightened health.

Live Ultimate,
Marc Wachter
Founder
The Ultimate Elixir is a powerful, alkalizing blend of over two dozen of Nature’s most nutrient rich superfoods and supergreens, providing a full spectrum of perfect nutrition to help maintain and restore your body’s optimal pH balance, vitality and wellness.* Synergistically formulated to ensure optimal bioavailability, this deeply nourishing formula is designed to be taken daily as part of a lifelong commitment essential to extraordinary health.

We created our elixir using only the most robust and highest quality standards for sourcing and production. All ingredients are produced in a GMP-certified U.S. facility and must pass rigorous testing to verify non-GMO status, ensure they are 100% free of pesticides and irradiation and are gently dried at the lowest possible temperatures, as opposed to freeze-drying, to preserve the integrity of their fragile nutrients and enzymes. They are then ground at low temperature into a powder to lock in the full nutritional profile of each ingredient. The result is a highly efficacious formula with a natural, clean flavor that is very easy to drink and enjoy daily.

**THE ULTIMATE ELIXIR™ BY LIVE ULTIMATE**

**STAY CONSISTENT**

Within a few weeks of consistent, daily use, you will start to feel dramatic health benefits including:

- A strengthened immune system and improved overall health and vitality*
- Abundant, natural and sustained physical energy without caffeine*
- A healthy glow to hair, skin and nails & more youthful and elastic skin*
- Faster metabolism and improved digestion and weight management*
- Reduced inflammation in joints and throughout the body*
- Balanced healthy hormone function*
- Increased athletic endurance, performance & recovery*
- Improved mental clarity*
- Deeper, more restful sleep*
**The Ultimate Elixir contains 25 nutrient-rich superfoods and supergreens including:**

**Alkalizing Greens:** Organic Wheatgrass, Organic Barley Grass, Organic Moringa Leaf, Organic Spirulina, Organic Chlorella, Organic Alfalfa Leaf, Organic Kelp and Organic Klamath Lake Blue Green Algae. All of these supergreens are powerful life-force foods and are a rich source of vitamins and minerals including A, C, E, K and B-complex, iron, calcium, magnesium and selenium. They also contain chlorophyll, amino acids, bioflavanoids and phenolic compounds. Their general action is to assist in detoxification and fill in nutritional gaps in the diet.

**Immune Strengthening Mushrooms:** Organic Cordyceps, Organic Reishi, Organic Shiitake and Organic Maitake. Our mushroom blend consists of 100% mushroom fruiting bodies guaranteed to have beta glucan levels not less than 30% and as high as 50% by weight. These 4 mushrooms help stimulate the immune system, sharpen brain function and provide natural energy. Anti-viral, anti-inflammatory and adaptogenic properties.*

**Adaptogenic & Tonifying Herbs:** Organic Sacha Inchi, Organic Chia Seed, Organic Turmeric, Organic Maca Root, Organic Ginger Root, Organic Black Pepper. These nutrient-rich herbs support and maintain a healthy hormonal balance, provide essential fatty acids, increase cardiovascular health and stimulate overall vitality, among other benefits.*

**Phytonutrients & Superfruit Antioxidants:** Organic Lucuma, Organic Beetroot, Organic Camu Camu, Organic Acai, Organic Goji Berry Extract, Organic Acerola Extract. These superfruits provide exceptional health benefits and are loaded with vitamins, flavanoids, phyto-nutrients and dark-colored pigments that protect from disease, the effects of pollution, oxidation and support healthy aging.*

**Organic DigeZyme Blend:** Amylase, Protease, Lipase, Cellulase, Lactase. Our multi-enzyme complex supports digestion, immune function, and the absorption and utilization of nutrients for optimal health, brain function, energy and cellular repair.*

For a more thorough description of each of these super ingredients and their benefits, please visit liveultimate.com/theultimateelixir/ingredients.
ALKALIZING GREENS
5,200mg per serving

Organic Wheatgrass. A highly detoxifying supergreen, Wheatgrass is extremely rich in chlorophyll, vitamins and minerals. Wheatgrass helps to alkalize the body and slows down the aging process by rejuvenating cells. The high levels of chlorophyll found in wheatgrass help support a healthy hormonal balance, improve digestion and immune system function, remove carcinogens, heavy metals, pesticides and radiation from the body and adds a youthful glow to hair, skin and nails. It even helps keep your waistline trim by removing the toxins from the body and aiding elimination. Recent research shows wheatgrass is beneficial for inflammatory conditions such as arthritis and fibromyalgia.

Organic Barley Grass. The young green sprouts of this extremely alkalizing grass have a tremendous ability to absorb nutrients from the soil. When barley grass leaves are 12-14 inches high, they contain all the vitamins, minerals and amino acids necessary for the human diet plus chlorophyll and a large amounts of enzymes. Barley grass is said to have 30 times more vitamin B1 and 11 times more calcium than cow’s milk; 6.5 times the calcium and 5 times the iron content of spinach; 7 times the vitamin C of an orange; and when harvested is about 45 percent protein. It also helps detoxify the blood and organs, specifically the intestines of stored toxins. Barley grass is rich in enzymes and has one of the highest natural levels of enzyme SOD (superoxide dismutase), a powerful antioxidant which protect and heal cells from damage.

Organic Moringa Leaf the leaves are rich in fiber, protein, calcium, sodium, potassium, iron and many other vitamins, antioxidants and nutrients. It’s used as a staple food and medicine for many people and cultures and has been shown to slow signs of aging, boost heart health, increase immune function, lower blood sugar levels, balance cholesterol, and even purify water.
Organic Spirulina is known by many as the “King of Superfoods.” This dark blue-green algae is a tremendous source of plant protein for muscle recovery and energy. Spirulina provides a healthy balance of growth hormone essential for aging and youthful energy. Spirulina contains many colorful pigments including carotenoids, beta carotene, chlorophyll, phycocyanin and SOD (superoxide dismutase) which are blue, green and orange in color. These pigments are strong anti-inflammatory compounds and also provide nutrients for optimal health.

Organic Chlorella is a blue-green algae native to Taiwan and Japan. Like its cousin Spirulina, Chlorella is considered one of the most nutrient rich superfoods in the world. Research demonstrates it to have powerful detoxifying effects in the body by removing heavy metals, pesticides, carcinogens and other toxins. Chlorella also provides large amounts of protein, chlorophyll, vitamins and minerals. Its deeply colored pigments help promote growth hormone production, which is a hallmark of healthy aging and youthful vitality. According to a study published in the Journal of Medicinal Foods, “chlorella intake resulted in noticeable reductions in body fat percentage, serum total cholesterol and fasting blood glucose levels.”

Organic Alfalfa. The leaf of this highly nutritive green is rich in minerals which its deep roots pull from the black soil of the Midwest. It’s a great source of protein when dried and also contains many essential vitamins and iron. It is used as a nutritive tonic to help remove toxins from the body. Dietary fiber and compounds called saponins in alfalfa may slow cholesterol uptake into your blood, according to experts at Memorial Sloan-Kettering Cancer Center. Evidence suggests it may also reduce the build-up of fatty deposits called plaque in arteries, possibly lowering risk of arteriosclerosis and heart disease.

Organic Kelp. Known as the new kale, Kelp is the king of sea vegetables and algae’s, growing in beautiful kelp forests throughout the world. Our organically grown kelp is rich in the minerals magnesium, iron, potassium, phosphorus and calcium along with vitamins A, C, E and niacin. Incredibly it also is a great source of omega-3 fats, antioxidants, amino acids and phytonutrients (compounds found in plants that help protect its vitality). But the most remarkable quality of kelp is that it is Nature’s highest source of iodine, a nutrient essential to a healthy functioning thyroid gland and hormone production. Including kelp in our elixir helps to provide natural energy to combat fatigue, support the growth of strong hair and nails, gives a healthy glow to the skin and detoxifies the blood and body gently. Kelp also contains
glutamic acid, which our bodies know as glutamate and is vital to the central nervous system, brain function, learning, memory and aspects of cognition. Kelp is truly an ultimate supergreen for daily nourishment and vitality.

**Organic Klamath Lake Blue Green Algae:** Sourced from the primordial and pristine Upper Klamath Lake in Southern Oregon which is located at a high mountainous altitude, this blue-green algae is similar to spirulina but differs in that it prefers freshwater as opposed to brackish salty water. Classified as *Aphanizomenon flos-aquae* (AFA), Lake Klamath blue-green algae draws nitrogen from the atmosphere to build a world-class protein. It is a wild food with a fantastic array of brain-specific phytochemicals, a huge selection of antioxidants, minerals (especially iron, zinc, selenium and magnesium), amino acids (it is a complete protein), vitamins, enzymes and many unique nutrients. Blue-green algae is one of the richest food sources of antioxidant compounds, including carotenoids (beta carotene, lycopene and lutein), chlorophyll and phycocyanin.

**IMMUNE STRENGTHENING MUSHROOMS**

*500mg per serving*

Organic Mushroom Blend consists of 100% mushroom fruiting bodies containing beta glucan levels (not less than) 30%.

**Organic Cordyceps Mushroom:** Cordyceps was traditionally only used by the royal families in China where it is grown at high altitudes. It is one of the most powerful immune system mushrooms on Earth. It has been shown in several studies to contain strong pro-sexual, steroidogenic and anti-fatigue compounds. Specifically, it increases the “T Killer” white blood cell count which helps fight off infection, disease and even cancer cells from forming. Cordyceps is clinically shown to support healthy adrenal glands and hormone production. It also helps produce and maintain constant energy levels. Athletes and active people report increased oxygen intake leading to better stamina, athletic performance and recovery. Our cordyceps is 100% pure mushroom. No starch, sugars, or any fillers.

**Organic Reishi Mushroom:** An edible and medicinal mushroom revered for its various healing and immune-strengthening benefits. Reishi is a very strong anti-inflammatory and tied to longevity. It also improves liver health and function as well as mental clarity. It contains powerful compounds including triterpines, beta-glucans and polysaccharides. Reishi has also been studied for
its anticancer potential. Clinical studies have shown it to help improve plasma antioxidant capacity and enhanced immune responses in cancer patients.

**Organic Shiitake Mushroom:** Shiitake is an edible and medicinal mushroom that helps promote health and longevity. In traditional Chinese medicine, Shiitake is used to heal the skin, support the liver, enliven the blood, and boost qi, the life force. It fights obesity, supports immune function and research suggests that Shiitake mushrooms helps fight cancer cells and heal chromosome damage done by anticancer treatments. Shiitake further supports cardiovascular health and has antimicrobial properties, which support skin health and fights infectious disease internally. It is also a great source of B vitamins.

**Organic Maitake Mushroom:** Known as “Hen of the Woods”, Maitake is another powerful edible and medicinal mushrooms has to been shown to help prevent and treat cancer, manage diabetes, lower high cholesterol and high blood pressure, stimulate immune system function and help with weight management.

**Organic Sacha Inchi:** A nutrient dense superfood and nut native to Peru with an oil rich in protein, essential fatty acids in the form of omega 3-6-9, all 8 essential amino acids, vitamin E and carotenoids (vitamin A).

**Organic Chia Seed:** Chia is a “whole grain” food, naturally free of gluten. The tiny seeds are an incredible source of nutrition and are loaded with high levels of omega 3 fatty acids, protein, fiber and many other micronutrients. Aztec warriors have been known to survive on Chia seeds alone during times of scarcity and it also gave them high energy and endurance. Just one spoonful of chia can sustain for 24 hours. Chia benefits include increased anti-inflammatory response throughout body, healthy hair skin and nails, healthy hair, skin and nails, builds stronger bones, supports the heart and digestive system.

**Organic Turmeric:** This orange-colored root has extraordinary anti-inflammatory properties and also helps support a healthy immune system, pain-free joints and bones, encourages a healthy liver and its detoxification function, delivers powerful cardiovascular support for a healthy heart, supports healthy digestion and cognitive brain function.
**Organic Maca:** Sourced from an organic farm in the Andes Mountains of Peru, Maca root is an adaptogenic superfood that has been used for centuries to help the body cope with stress. It relieves symptoms of adrenal fatigue syndrome and supports a healthy hormonal balance along with providing a rich source of nutrients. Maca is famous for providing strength and virility for fertility support as well as boosting athletic performance and endurance.

**Organic Ginger:** An exceptional root and spice that is warming and used to strengthen the immune system, improve digestion, reduce inflammation and stimulate metabolism. Studies have shown that it reduces inflammation markers in the joints up to 40% after exercise. It also protects the heart and other organs by stimulating blood flow and improving cell function and health. Ginger is a healthy stimulant known to energize and vitalize the body and is legendary as a digestive aid.

**Organic Black Pepper:** A small amount of black pepper is essential for the absorption of turmeric by the body. Black pepper also is a mildly stimulating digestive support and can help speed up metabolism and energy levels. Sourced from an organic farm in Sri Lanka.

**Organic Lucuma:** A superfruit from South America with a unique maple-like flavor, Lucuma is known as the “Sweet Gold of the Incas” and has been used and revered for thousands of years by indigenous people in South America. Lucuma is low on the glycemic index, making it an ideal choice for those looking to lower their sugar consumption. It also provides 14 essential trace minerals, a good source of antioxidants, dietary fiber, beta-carotene, vitamins and minerals and is a healthy, low-sugar alternative that is safe for diabetics.

**Organic Beetroot:** Beet are high in immune-boosting vitamin C, fiber, and essential minerals like potassium (essential for healthy nerve and muscle function) and manganese (which is good for your bones, liver, kidneys, and pancreas). Beets also contain the B vitamin folate, which helps reduce the risk of birth defects. It is a favorite for athletes and active people to consume daily to increase cardiovascular function through its high level of nitrites, which help carry oxygen to the blood and increase endurance.
Organic Camu Camu Berry: Sustainably wildcrafted from the flooded lowland rainforests of the Ecuadorian Amazon, Camu Camu is a tiny red berry bursting with essential amino and fatty acids that promote skin and immune health through its incredibly and highly potent Vitamin C levels. One tiny Camu Camu berry contains over 30 times the Vitamin C of an orange! It is a powerful antioxidant that scavenges free radicals throughout the body and strengthens the immune system to prevent disease and reverse effects of environmental pollution, pesticides and other toxins. It contains phenolic compounds with highly antimicrobial actions that kill microorganisms and viruses. The red pigments in Camu Camu are anthocyanins and provide phytonutrients and protective actions throughout the body.

Organic Acai: A popular Brazilian superfood rich in Omega 3’s, this dark-colored berry is also a great source of antioxidants known as anthocyanins. Studies have shown Acai helps to prevent heart disease as well as provide protective health benefits.

Organic Goji: A Chinese superfruit which contains high levels of antioxidants and nutrients and has anti-inflammatory properties. Goji has been shown to help improve immune function and prevent diseases, promote healthy skin, protect eye health, help stabilize blood sugar and detoxify the liver. The tiny red berries of Goji help to keep your energy and mood levels up and also are known to boost fertility.

Organic Acerola Cherry: Sustainably wildcrafted from the Ecuadorian rainforests, these tiny red berries contain high amounts of Vitamin C and are a popular juice throughout Latin America. One cherry is equivalent in Vitamin C to 12 oranges. Acerola cherries also contain Vitamin A and flavonoids.

NATURAL PLANT ENZYMES
50mg per serving

Organic DigeZyme Blend - Amylase, Protease, Lipase, Cellulase & Lactase: Our multi-enzyme complex supports digestion, immune function, and the absorption and utilization of nutrients for optimal health, brain function, energy and cellular repair. Specifically, Amylase breaks down carbohydrates, such as starch, glycogen and polysaccharides into smaller units; Cellulase breaks down cellulose and chitin, helping to free nutrients in both fruits and vegetables; Lipase breaks down lipids, improves fat utilization and supports healthy gallbladder function; Protease breaks down proteins and peptides and supports immune function; Lactase breaks down lactose (milk sugar) and is useful for lactose intolerance.
THE EVOLUTION OF THE MULTIVITAMIN™

Not all vitamins and supplements are created equal. Most are manufactured synthetically with chemical derivatives from non-natural sources that are not recognized or absorbed well by the body. Studies suggest that not only do synthetic vitamins provide little to no nutritional value but that they may actually be harmful to the body. We believe nutritional supplements should only come directly from whole food plant-based material that have the essential transporters, enzymes and co-factors our body recognizes, metabolizes and uses.

Research also suggests that the best way to consume natural whole food-based supplements is by taking them in powder form mixed with liquid (or vegetable capsules) as opposed to tablets, as it has a substantially higher rate of absorption and is much more gentle on the digestive tract. The Ultimate Elixir is a 100% raw, plant-based superfood powder formulated to the most nutrient rich product possible. Welcome to the Evolution of the Multivitamin.

THE LIVE ULTIMATE PROMISE

Live Ultimate’s mission is to be recognized and respected as the standard for excellence in healthy lifestyle products and initiatives, as well as to inspire people to live their best lives possible. We are proud to be on the leading edge of natural supplements by creating the purest, most potent and full spectrum superfood formula on the market through state of the art production practices.

With uncompromising standards, we promise to never use binders, fillers or any other cheap ingredients and guarantee this formula to be gluten and GMO free, vegan and made with organic and wildcrafted ingredients.

TAKE THE ULTIMATE 30 DAY CHALLENGE

It’s simple. There is only one rule. Commit to drinking the Ultimate Elixir first thing in the morning with a large glass of water for 30 straight days. We promise your body will thank you!

#NEVERMISSADAY
Is there any clinical or scientific data on the benefits of an alkaline diet? Yes. According to the National Institute of Health (NIH), there is strong evidence that an alkaline diet may result in a number of health benefits including improved cardiovascular function, memory and cognition; balanced and healthy hormonal levels and improved healthy muscle mass.*

Can I take The Ultimate Elixir more than once a day? Absolutely. You can experience great benefits by taking it multiple times throughout the day. However, we suggest that if you want to increase the serving size and frequency that you ease your way into it as the detoxification and nourishing process can be profound. Because these ingredients are all whole foods, it is very safe to take them in larger amounts, as anything beyond what the body can absorb will simply be eliminated through normal bodily processes.

How long will it take for me to feel it working? You will start to notice the effects almost immediately but within 5 days you will feel stronger and the benefits will continue to become more noticeable as time goes on with your consistent daily use.

How does The Ultimate Elixir taste? We have carefully hand-crafted this formula to provide a natural, clean, smooth and fresh taste. Many people have described it as similar to an unsweetened green tea that is very easy to drink and enjoy daily.

Why do you use an amber glass jar? Amber glass preserves the integrity of these fragile and highly specialized nutrients by protecting them from degradation due to sunlight, as it filters out blue and ultraviolet light. Also, glass is recyclable and no harmful *chemicals can leach into the product. It is the eco-friendly and ultimate choice.

Can I consume The Ultimate Elixir if I am allergic to dairy, gluten, nuts, soy, yeast and other allergens? Yes. The Ultimate Elixir is free of allergens and produced in a GMP-certified facility free of any animal products (including dairy, fish, shellfish, eggs, and gelatin) and also free of gluten, soy, corn syrup, peanuts, GMO’s, dyes, colors, parabens, preservatives, fillers and artificial flavors. I see there is both Barley Grass and Wheatgrass in this formula.

Are you sure these are gluten free? Yes, these are grasses and not a grain and they are totally gluten free.

Why are there no sprouts in The Ultimate Elixir? Although we are big fans of sprouts, we have made the conscious decision not to include them in our daily elixir formula due to the goitrogenic compounds found in them which may pose problems for those with thyroid conditions.

Can I take The Ultimate Elixir if I am pregnant? While we are not aware of anything in our formula that could cause concern, we always suggest that if you are pregnant or have any serious medical condition that you should consult with your physician before taking any supplement or making a change in your diet.

Is it safe to feed to my child? Yes. Starting children age 6 years and older on a nutrient rich whole food plant based diet will help them be healthier and make better nutrition choices. However, we suggest that you cut the serving size in half or in a quarter depending on your child’s age and weight.

How do I store The Ultimate Elixir? Store in a cool dry place away from sunlight and moisture. Do not refrigerate as it causes condensation and mold.

Why do you suggest mixing The Ultimate Elixir in water as the best way to consistently consume this product? While it can be enjoyable to mix it with your favorite juice or smoothie, our experience is that the best way to stay consistent is to learn to enjoy The Ultimate Elixir simply with water. Not only is it more convenient for when you travel, but it also helps reduce excess sugar from your diet. If you find it difficult to drink with just water, we encourage you to start with 1/4 to 1/2 a serving size and add more as your palate adjusts to the natural flavor profile. You can also add a dash of apple juice or other natural sweetener if needed.
DIRECTIONS FOR USE

Start your daily morning ritual by mixing 2 level scoops or 2 tablespoons (10g) with a full glass of water, your favorite juice or smoothie to alkalize, hydrate and nourish. For an extra nutritional boost, you can add another scoop or take additional serving(s) throughout the day. It is most easily absorbed and efficacious when taken on an empty stomach.

INGREDIENTS


*Disclaimer: These statements have not been evaluated by the Food and Drug Association (FDA). This product is not designed to diagnose, treat, cure, or prevent any disease.
TO LEARN MORE ABOUT OUR BEST-IN-CLASS ALL NATURAL WELLNESS & BEAUTY PRODUCTS, VISIT LIVEULTIMATE.COM

WELLNESS & BEAUTY FROM THE INSIDE OUT